CLAIMS

- 1. A grip for a railing, grab bar, or pole, the railing, grab bar, or pole having an outer surface, the grip comprising:
 - a body having a first side and a second side opposite said first side;
- a stretchable material having a top surface and a bottom surface opposite said top surface, said top surface adhered to said second side of said body; and
- a releasable adhesive disposed on said bottom surface of said stretchable material, said releasable adhesive configured to adhere to the outer surface.
- 2. The grip of Claim 1, wherein said body comprises a distance between said first side and said second side, said distance being variable.
 - 3. The grip of Claim 1, further comprising:a light emitter coupled with said first side of said body.
- 4. The grip of Claim 3, wherein said light emitter is a material selected from the group consisting of phosphorescent chemicals, low grade radiant materials, electrically stimulated phosphorescent materials, reflective materials, and luminescent pigments.

- 5. The grip of Claim 3, wherein said light emitter is selected from the group consisting of fiber optics and flexible light emitting diodes.
- 6. The grip of Claim 3, wherein said light emitter is configured to activate responsive to pressure.
- 7. The grip of Claim 3, wherein said light emitter is activated in the absence of light.
 - 8. The grip of Claim 1, further comprising:a textured material coupled with said first side of said body.
 - 9. The grip of Claim 6, wherein said textured material is an insulator.
- 10. The grip of Claim 6, wherein said textured material is formed into Braille language symbols.
- 11. The grip of Claim 6, wherein said textured material is a material selected from the group consisting of hard rubbers, soft rubbers, plastics, woven materials, and metals.

12. The grip of Claim 1, further comprising:

a textured material integral with said body, said textured material comprising at least one of shapes, designs, and aggressive tread patterns that is formed by at least one of embossing, stippling, and perforating said body.

- 13. The grip of Claim 1, wherein said body comprises a fire retardant.
- 14. The grip of Claim 1, further comprising:a sound emitter coupled with said first side of said body.
- 15. The grip of Claim 14, wherein said sound emitter is configured to activate responsive to pressure.
- 16. The grip of Claim 14, wherein said sound emitter is activated in the absence of light.
- 17. The grip of Claim 14, wherein said sound emitter is independently powered.
 - 18. The grip of Claim 1, further comprising:a visual cue coupled with said first side of said body.

- 19. The grip of Claim 18, wherein said visual cue is selected from the group consisting of alignment targets, logos, graphics, shapes, and designs.
 - 20. The grip of Claim 1, further comprising:a germ agent coupled with said first side of said body.
- 21. The grip of Claim 20, wherein said germ agent is at least one of antibacterial agents and antimicrobial agents.
 - The grip of Claim 1, further comprising:an odor element coupled with said first side of said body.
- 23. The grip of Claim 1, further comprising:

 a backing layer adhered between said body and said releasable adhesive.
- 24. The grip of Claim 1, wherein the grip substantially covers the outer surface.
- 25. A grip for a railing, grab bar, or pole, the railing, grab bar or pole having an outer surface, the grip comprising:

a body having a first side and a second side opposite said first side; and

a releasable adhesive disposed on said second side of said body, said releasable adhesive configured to adhere to the outer surface.

- 26. The grip of Claim 25, wherein said body comprises a distance between said first side and said second side, said distance being variable.
 - 27. The grip of Claim 25, further comprising:a light emitter coupled with said first side of said body.
- 28. The grip of Claim 27, wherein said light emitter is a material selected from the group consisting of phosphorescent chemicals, low grade radiant materials, electrically stimulated phosphorescent materials, reflective materials, and luminescent pigments.
- 29. The grip of Claim 27, wherein said light emitter is selected from the group consisting of fiber optics and flexible light emitting diodes.
- 30. The grip of Claim 27, wherein said light emitter is configured to activate responsive to pressure.

- 31. The grip of Claim 27, wherein said light emitter is activated in the absence of light.
 - 32. The grip of Claim 25, further comprising:a textured material coupled with said first side of said body.
- 33. The grip of Claim 32, wherein said textured material is an insulator.
- 34. The grip of Claim 32, wherein said textured material is formed into Braille language symbols.
- 35. The grip of Claim 32, wherein said textured material is a material selected from the group consisting of hard rubbers, soft rubbers, plastics, woven materials, and metals.
 - 36. The grip of Claim 25, further comprising:

a textured material integral with said body, said textured material comprising at least one of shapes, designs, and aggressive tread patterns that is formed by at least one of embossing, stippling, and perforating said body.

37. The grip of Claim 25, wherein said body comprises a fire retardant.

- 38. The grip of Claim 25, further comprising:a sound emitter coupled with said first side of said body.
- 39. The grip of Claim 38, wherein said sound emitter is configured to activate responsive to pressure.
- 40. The grip of Claim 38, wherein said sound emitter is activated in the absence of light.
- 41. The grip of Claim 38, wherein said sound emitter is independently powered.
 - 42. The grip of Claim 25, further comprising:a visual cue coupled with said first side of said body.
- 43. The grip of Claim 42, wherein said visual cue is selected from the group consisting of alignment targets, logos, graphics, shapes, and designs.
 - 44. The grip of Claim 25, further comprising:

 a germ agent coupled with said first side of said body.

- 45. The grip of Claim 44, wherein said germ agent is at least one of antibacterial agents and antimicrobial agents.
 - 46. The grip of Claim 25, further comprising:an odor element coupled with said first side of said body.
- 47. The grip of Claim 25, further comprising:

 a backing layer adhered between said body and said releasable adhesive.
- 48. The grip of Claim 25, further comprising:

 a stretchable layer adhered between said body and said releasable adhesive.
- 49. The grip of Claim 25, wherein the grip substantially covers the outer surface.
- 50. A method of manufacturing a safety grip for a railing, grab bar, or pole, the railing, grab bar, or pole having an outer surface, the method comprising:

adhering a top surface of a stretchable material having said top surface and a bottom surface opposite said top surface to a second side of a body with an adhesive, said body having a first side and said second side opposite said first side; and

applying a releasable adhesive on said bottom surface of said stretchable material, said releasable adhesive configured to adhere to the outer surface.

- 51. The method of Claim 50, wherein said body comprises a distance between said first side and said second side, said distance being variable.
 - 52. The method of Claim 50, further comprising:disposing a light emitter coupled with said first side of said body.
- 53. The method of Claim 52, wherein said light emitter is a material selected from the group consisting of phosphorescent chemicals, low grade radiant materials, electrically stimulated phosphorescent materials, reflective inks, and luminescent pigments.
- 54. The method of Claim 52, wherein said light emitter is selected from the group consisting of fiber optics and flexible light emitting diodes.
- 55. The method of Claim 52, wherein said light emitter is configured to activate responsive to pressure.

- 56. The method of Claim 52, wherein said light emitter is activated in the absence of light.
- 57. The method of Claim 50, further comprising:

 disposing a textured material coupled with said first side of said body.
- 58. The method of Claim 57, wherein said textured material is an insulator.
- 59. The method of Claim 57, wherein said textured material is formed into Braille language symbols.
- 60. The method of Claim 57, wherein said textured material is a material selected from the group consisting of hard rubbers, soft rubbers, plastics, woven materials, and metals.
 - 61. The method of Claim 50, further comprising:

a textured material integral with said body, said textured material comprising at least one of shapes, designs, and aggressive tread patterns that is formed by at least one of embossing, stippling, and perforating said body.

- 62. The method of Claim 50, wherein said body comprises a fire retardant.
 - 63. The method of Claim 50, further comprising:

 disposing a sound emitter coupled with said first side of said body.
- 64. The method of Claim 63, wherein said sound emitter is configured to activate responsive to pressure.
- 65. The method of Claim 63, wherein said sound emitter is activated in the absence of light.
- 66. The method of Claim 63, wherein said sound emitter is independently powered.
 - 67. The method of Claim 50, further comprising:
 disposing a visual cue coupled with said first side of said body.
- 68. The method of Claim 67, wherein said visual cue is selected from the group consisting alignment targets, logos, graphics, shapes, and designs.

- 69. The method of Claim 50, further comprising:
 disposing a germ agent coupled with said first side of said body.
- 70. The method of Claim 69, wherein said germ agent is at least one of antibacterial agents and antimicrobial agents.
 - 71. The method of Claim 50, further comprising:

 an odor element coupled with said first side of said body.
- 72. The method of Claim 50, further comprising:

 a backing layer adhered between said body and said releasable adhesive.
- 73. A method of manufacturing a safety grip for a railing, grab bar, or pole, the railing, grab bar, or pole having an outer surface, the method comprising:

applying a releasable adhesive on a second side of a body, said body having a first side and said second side opposite said first side, and said releasable adhesive configured to adhere to the outer surface.

74. The method of Claim 73, wherein said body comprises a distance between said first side and said second side, said distance being variable.

- 75. The method of Claim 73, further comprising:
 disposing a light emitter coupled with said first side of said body.
- 76. The method of Claim 75, wherein said light emitter is a material selected from the group consisting of phosphorescent chemicals, low grade radiant materials, electrically stimulated phosphorescent materials, reflective materials, and luminescent pigments.
- 77. The method of Claim 75, wherein said light emitter is selected from the group consisting of fiber optics and flexible light emitting diodes.
- 78. The method of Claim 75, wherein said light emitter is configured to activate responsive to pressure.
- 79. The method of Claim 75, wherein said light emitter is activated in the absence of light.
- 80. The method of Claim 73, further comprising:

 disposing a textured material coupled with said first side of said body.

- 81. The method of Claim 80, wherein said textured material is an insulator.
- 82. The method of Claim 80, wherein said textured material is formed into Braille language symbols.
- 83. The method of Claim 80, wherein said textured material is a material selected from the group consisting of hard rubbers, soft rubbers, plastics, woven materials, and metals.
 - 84. The method of Claim 73, further comprising:

a textured material integral with said body, said textured material comprising at least one of shapes, designs, and aggressive tread patterns that is formed by at least one of embossing, stippling, and perforating said body.

- 85. The method of Claim 73, wherein said body comprises a fire retardant.
 - 86. The method of Claim 73, further comprising:
 disposing a sound emitter coupled with said first side of said body.

- 87. The method of Claim 86, wherein said sound emitter is configured to activate responsive to pressure.
- 88. The method of Claim 86, wherein said sound emitter is activated in the absence of light.
- 89. The method of Claim 86, wherein said sound emitter is independently powered.
 - 90. The method of Claim 73, further comprising:disposing a visual cue coupled with said first side of said body.
- 91. The method of Claim 90, wherein said visual cue is selected from the group consisting alignment targets, logos, graphics, shapes, and designs.
 - 92. The method of Claim 73, further comprising:disposing a germ agent coupled with said first side of said body.
- 93. The method of Claim 92, wherein said germ agent is at least one of antibacterial agents and antimicrobial agents.

- 94. The method of Claim 73, further comprising:
 an odor element coupled with said first side of said body.
- 95. The method of Claim 73, further comprising:

 a backing layer adhered between said body and said releasable adhesive.
- 96. A system for providing a secure, safe, releasably attachable grip on a railing, grab bar, or pole having an outer surface, the system comprising:

a stretchable material having a top surface and a bottom surface opposite said top surface, said bottom surface releasably adhered to the outer surface; and

a body adhered to said top surface of said stretchable material, said body having a first side and a second side opposite said first side.

97. A system for providing a secure, safe, releasably attachable grip on a railing, grab bar, or pole having an outer surface, the system comprising:

a releasable adhesive adhered to a second side of a body, said body having a first side and said second side opposite said first side, said body releasably adhered to the outer surface.

98. A method of folding a grip on a railing, grab bar, or pole having an outer surface, the method comprising:

disposing the grip on the outer surface, the grip comprising a body having a first side and a second side opposite said first side, a stretchable material having a top surface and a bottom surface opposite said top surface, said top surface adhered to said second side of said body, and a releasable adhesive disposed on said bottom surface of said stretchable material, said releasable adhesive configured to adhere to the outer surface; and

folding said grip around said outer surface.

- 99. The method of Claim 98, wherein the grip substantially covers the outer surface.
- 100. A method of folding a grip on a railing, grab bar, or pole having an outer surface, the method comprising:

disposing the grip around the outer surface, the grip comprising a body having a first side and a second side opposite said first side, said body comprises a distance between said first side and said second side, said distance being variable, and a releasable adhesive disposed on said second side of said body, said releasable adhesive configured to adhere to the outer surface; and

folding said grip around said outer surface.

- 101. The method of Claim 100, wherein the grip substantially covers the outer surface.
- 102. A method of folding a grip on a railing, grab bar, or pole having an outer surface, the method comprising:

providing the grip, the grip comprising a body having a first side and a second side opposite said first side, said body having a first set of alignment targets disposed on said first side, a stretchable material having a top surface and a bottom surface opposite said top surface, said top surface adhered to said second side of said body, and a releasable adhesive disposed on said bottom surface of said stretchable material, said releasable adhesive configured to adhere to the outer surface;

disposing a second set of alignment targets on the outer surface;
aligning said first set of said alignment targets with said second set
of said alignment targets;

disposing the grip on the outer surface; and folding the grip around the outer surface.

103. The method of Claim 102, wherein the grip substantially covers the outer surface.

104. A method of folding a grip on a railing or pole having an outer surface, the method comprising:

providing the grip, the grip comprising a body having a first side and a second side opposite said first side, said body having a first set of alignment targets disposed on said first side, and a releasable adhesive disposed on said second side of said body, said releasable adhesive configured to adhere to the outer surface;

disposing a second set of alignment targets on the outer surface; aligning said first set of said alignment targets with said second set

of said alignment targets;

disposing the grip on the outer surface; and folding the grip around the outer surface.

105. The method of Claim 104, wherein the grip substantially covers the outer surface.